



Summer MapRun Series



Concluding events



MapRun is a free Smartphone app that is perfect for socially distanced exercise! During lockdown, club members have been creating fun challenges throughout Derbyshire. Every fortnight through the summer, we have focused on 2 new MapRun courses:

- 2 Sept  Ashbourne Med (3.8km), Long (5.9km) or Longer (7.1km)* / Sun 6th
 Sinfin Medium (3.8km) or Long (6.2km)*
- 16 Sept  Elvaston & Alvaston Village – Long (9.8km) or Med (7km) both flat
 Burton Swans Score – find as many of the 25 swans as you can

Subsequent courses revealed every alternate Wednesday and League Scores published on DVO website.

** Distances for 'linear' courses are straight line; expect to run a bit further!*

Download the MapRunF app, entering your details. Print the map from the **MapRun page of the DVO website**, and check parking details and any restrictions. Now, on MapRunF, tap:

Select Event > UK > Derbyshire > Derwent Valley > [course name]

Select **Go to Start**. The course is now loaded and you can travel to the Start. Your location is shown as a dot, but when you pass through the Start, the dot disappears and your phone will beep. The timer has started and you can go to the first control! Once you are within about 10 metres, the phone will beep. Proceed round the course, then go to the Finish. Your result should now upload automatically to the MapRun server, and you can see your GPS trace and time.

Results for individual courses at: <http://derwentvalleyorienteers.org.uk/maprun-results/> and link to League results on this page. **Points will count towards the League if the course is done *before* the promoted fortnight, but not after the end of the fortnight** (although courses are still open).

Important

1. You **MUST** comply with the **Participant Code of Conduct** on the MapRun page of the DVO website.
2. British Orienteering insurance cover does not apply in these events.
3. Under 16s **MUST** be accompanied by an adult on the urban courses.
4. Please drink plenty before and after your run.